

K-8 Lunch Menu

December 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

- 1% Milk
- Skim Chocolate Milk

PLEASE NOTE

- If you have a food allergy please speak to your school nurse
- Menu is subject to change.
- Vegetarian Meal Options are indicated with a "V"
- **Non-Whitsons meal service**



			<p>1 Creamy Alfredo Pasta Broccoli Florets Fresh Fruit</p>	<p>2 Shredded BBQ Chicken Pinto Beans Fresh Fruit</p>
<p>5 Chicken Nuggets Baked Beans Fresh Orange</p>	<p>6 Macaroni & Cheese ^V Steamed Broccoli WW Club Roll Fresh Pear</p>	<p>7 Chicken Tamale w/ Spanish Brown Rice Refried Beans Green Beans Fresh Apple</p>	<p>8 Beef Meatloaf w/ Gravy WW Bun Mashed Potatoes Fresh Banana</p>	<p>9 French Bread Cheese Pizza ^V Fresh Baby Carrots w/ Ranch Dressing Cranberries</p>
<p>12 Cheese Quesadilla ^V Mexican Corn Salad Fresh Orange</p>	<p>13 Chicken & Vegetable Dumplings Oriental Vegetables Fresh Pear</p>	<p>14 BBQ Chicken over Brown Rice Baked Beans Fresh Apple</p>	<p>15 Stuffed Cheese Sticks ^V Marinara Sauce 100% Sun Splash Veg Juice Fresh Banana</p>	<p>16 Cheese Pizza ^V Garden Salad w/ Ranch Dressing Cranberries</p>
<p>19 Egg & Cheese Sandwich ^V on English Muffin Roasted Potatoes Fresh Orange</p>	<p>20 Fajita Chicken over Brown Rice Black Beans & Tomatoes Fresh Pear</p>	<p>21 Beef Meatballs & Spaghetti w/ Tomato Sauce & Parmesan Cheese Steamed Broccoli Fresh Apple</p>	<p>22 Cheese Raviolis ^V w/ Tomato Sauce Green Beans Fresh Banana</p>	<p>23 French Bread Cheese Pizza ^V Fresh Baby Carrots Cranberries</p>
<p>26 No School</p>	<p>27 No School</p>	<p>28 No School</p>	<p>29 No School</p>	<p>30 No School</p>